

CLASS- XII
SUBJECT: PHYSICAL EDUCATION

Time: 3 hrs.

M.M.: 70

General Instructions:

- (i) All questions are compulsory.
- (ii) Answer to questions carrying 1 mark should be in approximately 30 words.
- (iii) Answer to questions carrying 2 marks should be in approximately 60 words.
- (iv) Answer to questions carrying 3 marks should be in approximately 100 words.
- (v) Answer to questions carrying 5 marks should be in approximately 150-200 words.

- Q1. Briefly explain strenuous trekking? (1)
- Q2. What is physical environment? (1)
- Q3. What do you mean by healthy weight? (1)
- Q4. What do you mean by planning? (1)
- Q5. What are Round Shoulder? (1)
- Q6. What do you mean by weight training? (1)
- Q7. What do you mean by muscular strength? (1)
- Q8. What is cardiac output? (1)
- Q9. What do you mean by stroke volume? (1)
- Q10. What do you mean by motor fitness? (1)
- Q11. Discuss the need of proper sports environment. (1)
- Q12. What do you mean by food myths? Briefly explain about any four myths. (3)
- Q13. Mention the significance of Intramurals and Extramurals. (3)
- Q14. Discuss the causes and symptoms of Blumia. (3)
- Q15. Discuss water and roughage as non-nutritive components of diet. (3)
- Q16. Discuss the material requirement and safety measures for camping. (3)
- Q17. Briefly explain the advantages of correct posture. (3)

OR

Mention the corrective exercises related to Lordosis and Kyphosys.

Q18. What do you mean by Extramurals? Elucidate the need of extramurals. (3)

Q19. What is wellness? Explain the components of wellness. (3)

OR

What is interval training method? Mention its advantages and disadvantages.

Q20. "Vitamins are essential for our metabolic process". What happens if we devoid our diet for vitamins? (5)

Q21. Discuss any five immediate effects of exercises on cardio-vascular system.. (5)

OR

Elaborate any five effects of exercises on circulatory system.

Q22. What is friction? Explain its types. Is it advantages in the field of sports? Give your views. (5)

Q23. Discuss the physiological factors determining "Strength" as a component of physical fitness. (5)

Q24. Explain the administration of AAPHERED Youth fitness test. Or (5)

Describe the procedure for administering the Rikli and Jones Senior citizen Fitness test.

Q 25. What is projectile? Explain the factors affecting projectile trajectory. (5)

Q-26. Draw a fixture of 23 teams on knock-Out basis. (5)